



	Sun 11-03-2024	Mon 11-04-2024	Tue 11-05-2024	Wed 11-06-2024	Thu 11-07-2024	Fri 11-08-2024	Sat 11-09-2024
<b>B R E A K F A S T</b>	Egg of Choice Buttermilk Pancakes <i>or</i> Belgian Waffle Bacon <i>or</i> Breakfast Ham Hash Browns Fresh Fruit 100% Juice Cinnamon Raisin Toast	Scrambled Egg Country Gravy and Biscuits <i>or</i> Cold Cereal Bacon Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Fried Egg Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Egg of Choice Breakfast Taco Hash Browns Fresh Fruit 100% Juice Whole Grain Toast	Egg of Choice Pancakes <i>or</i> Sausage Country Gravy and Biscuits Bacon Breakfast Ham Hash Browns Fresh Fruit 100% Juice	Spinach Quiche Hash Browns Bacon Fresh Fruit 100% Juice Whole Grain Toast	Scrambled Egg Pancakes Breakfast Ham Breakfast Potatoes Fresh Fruit 100% Juice Cinnamon Raisin Toast
<b>L U N C H</b>	Green Salad Shrimp Etouffee <i>or</i> Beef Chili Delicious Rice Capri Blend Assorted Desserts	Green Salad Chicken Fricassee <i>or</i> Shrimp Scampi Buttered Pasta Sautéed Carrots Strawberry Shortcake	Green Salad Swedish Meatballs <i>or</i> Pecan Crusted Tilapia Fillet Noodles Scandinavian Veg Banana Wafer Dessert	Green Salad Herb Crusted Pork Roast <i>or</i> Chicken A La King Creamy Potatoes and Peas Grilled Mixed Vegetables Baked Roll Mixed Berry Crisp	Green Salad Harvest Chicken <i>or</i> Red Beans and Cornbread Parsley Rice Garlic Green Beans White Cake	Green Salad Crispy Fried Chicken <i>or</i> St. Louis BBQ Pork Ribs Potato Salad Okra and Tomatoes Baked Roll Apple Pie	Green Salad Chicken with Garlic and Herbs <i>or</i> Grilled Pork Chop with Applesauce Blackeyed Peas Braised Cabbage Ice Cream Sandwich
<b>D I N N E R</b>	Baked Potato Soup Roasted Lemon Chicken Drumsticks Baked Sweet Potato Steamed Broccoli Yellow Cake	Vegetable Rice Soup Stuffed Baked Potato Cucumber Pepper Salad Rice Pudding	Corn Chowder Honey Mustard Chicken Salad Peaches Veggies in Salad Baked Roll Assorted Cookies	Cream of Cauliflower Soup Breaded Cod and Fry Basket Mixed Vegetables Fruited Jello	Creamed Spinach Soup Turkey Tetrizzini Cucumber Tomato Salad Assorted Desserts	Soup Du Jour Nachos Lettuce, Tomato, & Onion Ice Cream	Chicken Orzo Soup with Sun-Dried Tomatoes Club Sandwich Chips Carrot Raisin Salad Mixed Fruit Medley
Milk offered at every meal							Week 5

 Dietitian's Signature: *Renee Ingram 10-14-2024*  
 610128



CLAYTON OAKS  
LIVING

*Always Available*

### **Cobb Salad**

*Bacon, Grilled Chicken, boiled eggs, lettuce, tomatoes, blue cheese, green onions, avocado, and dressing.*

### **BLT Wrap**

*fresh bacon, lettuce, tomato and cheese with your choice of dressing on a flour tortilla with fruits or chips.*

### **Tuna Salad on Croissant**

*fresh tuna, creamy mayonnaise, crisp celery, green onion, and fresh herbs served on a flaky croissant with fruit or chips.*

### **Grilled Fish Fillet**

*fish of the day with a side of vegetable*

### **Cheeseburger 'N Fixin's**

*grilled to order with, lettuce, tomato, onions, and pickles served fries*

### **Classic Turkey Sandwich**

*Turkey Breast with lettuce, tomato, cheese served on your choice of bread with pickle spear, chips or fruit*

### **Pan Fried Shrimp**

*seasoned grilled or breaded shrimp with coleslaw and fries*

### **Chicken Avocado Sandwich**

*House seasoned chicken breast with lettuce, tomatoes, avocado and Swiss cheese on your choice of bread.*

### **Baked Potato**

*Loaded or Regular*

### **Flatbread Pizza**

*peperoni or cheese*

### **Cottage Cheese and Fruit**

*cottage cheese and assorted fruit*

### **Chicken Tenders and Fries**

*Breaded chicken tender with regular or sweet potato fries*

### **Diabetic Dessert**

*sugar free cake, pie, pudding, and ice cream available upon request*

### **Ice Cream**

*vanilla, chocolate, and strawberry*

Please notify your server if you have any food allergies